4-H Healthy Living Logic Model – Improved Nutrition Intake and Healthy Eating

Situation



Inputs





Outputs

Outcomes

Description of challenge, problem, or opportunity:

- •Weight gain and obesity among young people is alarming
- •Poor eating patterns established in childhood can transfer to adulthood
- •The percentage of Children and youth who are overweight and obese has risen since the late 1970s
- •About 1/3 of children and youth are overweight, with half of them being obese
- •Nutrition-related diseases that were once considered adult illnesses are increasingly being diagnosed in children
- •Young people are not eating enough whole fruit, whole grains, legumes, dark green and orange vegetables
- •Children need to eat less saturated fats and added sugars
- •Awareness of dietary quality, having access to healthy foods, and making smart food choices are necessary to improve nutritional health of youth and their families

What we invest:

- Evidence-based and evidence-informed curricula
- Land Grant and Public Universities
- ·Human resources
- Existing 4-H Youth Development and Families curricula, delivery modes, and programs
- National reports and standards that establish benchmarks for Healthy Living Outcomes
- Support of national partners
- Research and literature focused on health issues, youth, family and community development
- ·Financial support
- •Relationships with national, regional, state and local health experts, networks, advocates and facilities
- Youth leaders and partnerships with young people
- •Electronic resources
- •Corner stones of a healthy lifestyle

What we do::

- Provide group meetings and educational trainings for youth, families and community partners
- Design and implement multicomponent programs that meet nutrition education standards for skill-building and self-efficacy and involve families in meaningful ways
- •Promote the availability of healthier foods in communities

Who we target:

- Youth, families, staff, volunteers, community leaders, partner organizations, and collaborators
- Special focus on new and underserved youth/families

What we produce:

- •Cooperative and experiential learning, nonformal education programs
- Peer mentoring
- ·Family engagement
- Projects, trainings, workshops, internships and apprenticeships
- Applied research
- Evaluations
- Convened coalitions
- •Grant proposals developed and awarded
- Needs assessment
- •Social marketing campaigns
- •Disseminated and replicated programs
- Published curricula and peer-reviewed articles/resources

Occurs when there is a change in

a change in knowledge or the participants **learn**:

Children, youth and families

Knowledge

- •Know how to choose food according to MyPyramid and Dietary Guidelines
- Have a more positive attitude toward helpful foods and/or are willing to try new foods
 Set goals to improve their
- dietary practices
 •Have the awareness,
- knowledge and skills to handle food safely
 •Know how to follow recipes
- correctly and safely
 •Know how to use knives and
- other kitchen tools correctly and safely

Youth and families

 Set goals to improve their food resources management practices Occur when there is a change in behavior or the participants act upon what they've learned and:

Actions

Children, youth and families

•Eat foods that are closer to the recommended MyPyramid amounts
•Keep foods at safe temperatures

- Avoid foods from unsafe sources
 Eat breakfast daily
- Wash their hands properly and when necessary
 Use knives and other kitchen tools correctly and safely
 Eat meals with family more

Family and communities

•Influence healthy foods and snack choices in the home and neighborhood

Youth and families

- Keep the kitchen work area clean and avoid crosscontamination
- •Use good meal planning and food shopping practices
- Children, youth, families and communities
- •Have healthful foods available at home and in the neighborhood

Youth, families and communities

•Prepare simple, nutritious, and affordable food

Occur when a **societal condition** is improved due to a participant's action taken in the previous column.

Conditions

Children and youth

 Reduction in the proportion of children and youth who are overweight or obese

Children, youth and families

 Maintain healthy eating habits and experience decreases in health-related problems

ASSUMPTIONS — 4-H makes valuable contributions to youth; Extension contributes to the health and well-being of youth and their families; youth and their families are more involved in meaningful learning experiences; 4-H HL program development and implementation will focus on the risk and protective factors; health behaviors are complex and there will continue to be risk and protective factors on which 4-H will have little impact; youth will have more variety in choices and opportunities, 4-H HL programs will evolve; youth and their families can improve their health through increased healthy living knowledge, taking advantage of resources, and reducing risk factors; youth and their families have the ability to reach optimal physical, social/emotional health, and well-being

EXTERNAL FACTORS – Families will continue to face resource constraints; demands on family time will continue to be a factor in the programs they choose to participate in over time; changes in society and health practices/services/access will impact young people and their families; research will continue to inform the connections between health living and positive youth development; obesity prevention and health improvements will continue to be a core mission at the USDA/NIFA, state and local Extension systems; high priority will be placed on policy changes for individuals and communities; peer influence has a strong impact on creating changes.